

Quick Breads

Southern Spoon Bread

(For Two)

1 pt. milk
½ cup self-rising meal
3 eggs, separated
1 Tablespoon melted butter

Scald milk, add meal, stir or beat until it forms a mush.

Add beaten egg yolks and butter. Add beaten egg whites. Place ingredients in heated baking dish and bake for 30 minutes in 350 degree oven.

Mrs. Earl Emory
623 10th Ave.
Huntington, W. Va.

Mexican Spoon Bread

1 cup corn meal
½ teaspoon soda
1 teaspoon salt
1 can cream style corn
1 can green chilies (4 oz.)
1-3 cup oil
2 eggs
¾ cup milk
1-½ cup grated cheese

Mix everything together but chili and cheese. Put half of mixture into cake pan. Add chilies and half of cheese. Top with remaining mixture and sprinkle top with remaining cheese. Bake at 350 degrees for 40 minutes.

Mrs Elbert Cox Sr.
408 Holly Ave.
Logan, W.Va.

Quick Rolls

2 cups self-rising flour
½ cup mayonnaise
1 cup sweet milk

Mix thoroughly and put at once in muffin pans. Bake at 400 degrees for 10 or 12 minutes or until light brown. Makes 12.

Mrs. H. M. Bailey
Box 304
Kenova, W.Va.

Some cooks like to add a little grated fresh or ground ginger when they are heating canned baked beans.

Bread

Breads

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